WHITE OAK SENIOR CENTER

November 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line							
Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners							
Mon	Tue	Wed	Thu	Fri			
	early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgom erycountymd.gov to register for Zoom classes. White Oak Senior Center is open Monday through Friday	Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 9am-10am Chat & Chew w/Denise 10am-11:15am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-12pm Knitting Club w/Lim & Mary 10:30am-11:30am 55+ Ballet Basics 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ			

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Fun & Games Staying Fit & Having Fun Intellectually Speaking Music. Movement & More **Creative Corner** At the Movies **Healing Hearts By Community Partners** Mon Tue Wed Thu Fri 7 10 9 9am – 10am Tai Chi (In Person & | 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold Zoom. Beginner's Welcome) Zoom Beginner's Welcome) w/Amy w/Amy 10am-11am Brain Games **Center Closed for Holiday** 9:15am-12pm Walmart *9am-12pm* CASSA 10am-12pm Spiritual Support Veteran's Day Observed 10am-11am Gentle Spin 10am-11am Fitness Center Programs Shopping Trip w/Julienne **Awareness** 10am-11:15am Soul Line 9:30am-1:30pm Kensington Club | 11am-12pm Health Education: Heart | 11:30am-1:30pm Pinochle w/Mr. 9:30am-10:30am Morning Dance w/Peytrienne Kelly Disease & Stroke Chat & Chew 10am-12pm Pickleball 10:30am-11:30am 55+ Ballet 11:30am -1pm Senior Volleyball 10:30am-11:30am Mah Jongg Basics 9:30am-11am Tatting Open Play 10:30am-12pm Dancing Class w/Barbara Basics (Shuttle) 12:30 - 3:30pm Social Bridge w/Deborah w/Ming 10:30AM-12PM Low Impact 12:30pm – 2pm Afternoon 1pm-2pm Bingo Blast 10am-11am Seated Yoga Cinema Exercise Video 1pm-3pm Chinese Folk Dance w/Regine 12:45pm-1:45pm West 11am-12pm Salute to Our 2pm-3pm Tai Chi (In Person 1pm-2pm Bingo Blast African Dance w/Everest Veterans w/Mr. Ware Beginner's Welcome) (Espanol) Wellness 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person & Beginner's Welcome)

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Mon	Tue	Wed	Thu	Fri		
9am – 10am Tai Chi (In Person & Virtual. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11am-12pm Health Education: Cholesterol 11:30am -1pm Senior Volleyball Open Play 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 12:45pm-1:45pm West African Dance w/Everest Wellness	9am-10am Zumba Gold w/Amy 10am-11am Fitness Center Awareness 11:30am-1:30pm Pinochle w/Mr. Kelly 10am Coffee Conversations 10am-12pm Spiritual Support 10am-11am Fitness Center	W/Deboran 10am-11am Seated Yoga w/Regine 10am-10:30am Brain Games/Trivia 9:30am-1:30pm Kensington Club 11am-12pm Balance Boom 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 10am-11:15am Soul Line Dance w/Peytrienne 10am-12pm Pickleball 10:30am-11:30am Mah Jongg Class w/Barbara 10:30AM-12PM Low Impact Exercise Video 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)	9am-10am Tai Chi (In Person & Virtual Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-12pm Creative Crafts w/Kathei 10am-12pm Knitting Club w/Lim & Mary 10:30am-11:30am 55+ Ballet		

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line At the Movies Staying Fit & Having Fun Intellectually Speaking Music. Movement & More Fun & Games **Creative Corner** Healing Hearts **By Community Partners** Mon Tue Wed Thu Fri 20 21 22 23 24 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & **Center Closed for the Center Closed for the** Virtual Beginner's Welcome) Virtual. Beginner's Welcome) w/Amv Holiday **Holiday** 10am-11am Brain Games 9:30am-11am Tatting 9:30am-10:30am In The News 10am-11am Gentle Spin Basics (Shuttle) Today w/Nancy w/Julienne w/Deborah 11am-12pm Health Education: Blood 10am-12pm Spiritual Support 9:30am-1:30pm Kensington Club 10am-11am Fitness Center Pressure 10am-11am Thanksgiving Awareness 11:30am -1pm Senior Volleyball Memories 11:30am-1:30pm Pinochle w/Mr. Open Play 12pm-1pm Autumn Music Kelly 12:30 - 3:30pm Social Bridge w/Hong 10:15am-1:45pm Lunch Bunch: 12:30pm – 2pm Afternoon 11am-12pm Balance Boom Mango Grove Cinema 1pm-2pm Bingo Blast 10:30am-11:30am 55+ Ballet 12:45pm-1:45pm West Basics (Espanol) African Dance w/Everest **10:**30**am-12**pm Dancing Wellness w/Ming 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line Staying Fit & Having Fun Intellectually Speaking Fun & Games Music. Movement & More **Creative Corner** At the Movies Healing Hearts **By Community Partners** Mon Tue Wed Thu Fri 27 28 29 30 *Kensington Club is a social 9am – 10am Tai Chi (In Person & 9am-10am Zumba Gold 9am-10am Tai Chi (In Person & 9am-10am Zumba Gold Virtual. Beginner's Welcome) Virtual Beginner's Welcome) day club for seniors with w/Amv w/Amv 10am-11am Brain Games 9:30am-11am Tatting 9:30am-10:30am In The News *9am-12pm* CASSA 10am-11am Gentle Spin early-stage memory loss. Basics (Shuttle) **Programs** Today w/Nancy w/Julienne w/Deborah 11:30am -1pm Senior Volleyball 10am-11:15am Soul Line 9:15am-1:30pm Mystery Registration required. For 9:30am-1:30pm Kensington Club Open Play Dance w/Pevtrienne 10am-11am Seated Yoga Outing:TBA 12:30 - 3:30pm Social Bridge information call 301-255-4221 10am-12pm Pickleball w/Regine 10am-12pm Spiritual Support 12:30pm – 2pm Afternoon 10am-11am Who Am I? 10:30am-11:30am Mah Jongg 10am-11am Fitness Center Cinema Please email 11am-12pm Balance Boom Class w/Barbara 12:45pm-1:45pm West Awareness 1pm-2pm Bingo Blast 11:30am-1:30pm Pinochle w/Mr. 10:30AM-12PM Low Impact African Dance w/Everest TeAnna.abraham@montgom Kelly (Espanol) **Exercise Video** Wellness 10:30am-11:30am 55+ Ballet 12pm-4pm Bid Whist ervcountymd.gov to register Basics 12:45pm-1:45pm Super Power **10:**30**am-12**pm Dancing Dance Circle w/Jane for Zoom classes. 1pm -2pm Spanish Conversation w/Mina Group White Oak Senior Center is 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In 2pm-3pm Tai Chi (In Person/Virtual Beginner's open Monday through Friday Person/Virtual Beginner's Welcome) Welcome) 9am-3pm. Lunch is served

and transportation provided.